The **heart** of the matter See Page 1B





Robins Air Force Base, Ga.

News you

Vol. 50 No. 8

Annual prayer luncheon set for March 9

can use

Chaplain (Maj. Gen.) Charles C. Baldwin, chief of the Air Force Chaplain Service, will be the keynote speaker at the annual Robins Prayer Luncheon March 9. The luncheon will start at 11:30 a.m. at the Museum of Aviation Century of Flight hangar. Tickets are \$3 and on sale at the chapel or from first sergeants. Seating is limited to 500. Anyone with questions about the luncheon may contact Chaplain (Maj.) Bill Burrell or Tech. Sgt. CJ Lashley at 926-2821.

- From staff reports

Tattoo Ceremony casting call coming soon

The 2005 Tattoo Ceremony committee is looking for actors for several roles in this year's ceremony. Actors will have to go through a screening process and will need to attend a series of rehearsals prior to the April 26 ceremony. The committee is also looking for volunteers to help with several other phases of the ceremony, most notably set-up, stage management (prop movement), and clean-up. Whether you're looking for a minor or major role with this year's ceremony, we welcome your help. If you'd like to volunteer or try out for an acting role, contact Master Sgt. Matt Ogle at 327-7348 or matthew.ogle@robins.af.mil.

- From staff reports

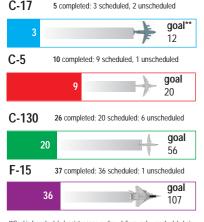
Scam targets families of servicemembers

WASHINGTON - Officials with the Department of Homeland Security are warning the public about two new Iraqrelated Internet scams, including one directed at the relatives of fallen U.S. servicemembers. The first scheme involves e-mail sent to relatives of U.S. servicemembers killed in Iraq, and the sender asks for assistance in obtaining funds. In the second scheme, a blanket e-mail is being distributed that claims to be from an Immigration and Customs Enforcement official in Iraq who is responsible for tracking down funds looted from the Iraqi Central Bank by Saddam Hussein's son. Those who receive the bogus e-mail solicitations should delete them, said Michael J. Garcia, assistant secretary of homeland security for immigration and customs enforcement.

- Air Force Print News

Aircraft Maintenance Output

The information below reflects Robins' progress toward maintenance goals for fiscal 2005 as of Feb. 22.



Source: Doug Clark Jr., depot maintenance workload analyst, WR-ALC/MAWWB

U.S. Air Force graphic by Angela Trunz

Seeing stars



U.S. Air Force photos by Sue Sapp

The actor signs

a shirt for 1st Lt.

Shelayn West

at the Enlisted

Club. He was

on his way to

Atlanta to visit

Braves who are

in spring train-

McConaughey

is promoting his

the Atlanta

ing. Mr.

Matthew McConaughey jokes with members of the 5th Combat Communications Group in the back of a troop carrier while visiting Robins Wednesday. The actor visited the Enlisted Club where he shook hands and signed autographs.

Actor stops by Robins to thank Airmen

By Lanorris Askew lanorris.askew@robins.af.mil

They say everything is bigger in Texas, and if you ask veteran movie actor Matthew McConaughey he'll tell you that includes "pride in the U.S of A."

The 35-year-old Uvalde, Texas native known for his roles in "A Time to Kill" and "How to Lose a Guy in 10 days," made a special stop at Robins Wednesday during a six-week promotional tour for his new movie "Sahara.'

The actor was delivered to his adoring public in one of the 5th Combat Communications Group's troop carri-

Mr. McConaughey, who kicked off the tour in Daytona Beach, Fla., where he served as Grand Marshal for the NASCAR Daytona 500 Sunday, made Robins his first military stop and thanked the troops for their hard work.

"Thank you all for doing what you do and for the commitment to what you do," he said to a large audience gathered in the Enlisted Club Ballroom. "As a civilian I can only imagine what kind of commitment it takes, and what you and the men and women on the line in the middle of it are going through, but we thank you."



new movie 'Sahara'. and greet are a great reminder of why he is doing this.

what's really important. "We're at a real hinge point in history that we will be looking back at," he said. "And no matter how you feel about the war in Iraq – right or wrong - in your heart of hearts, you still support the troops. It's a privilege to come by and support those who keep us as safe as possible and who take care of democracy."

The star admitted to having had a

very fortunate life in that for the past

12 years he's been making films and

telling stories, but tours like this are

The smiles he brought to Robins during his autograph session and meet

"It's a good reminder for me because I'm looking into the eyes of people who are really happy to see me," he said. "People who are like, 'hey man, thanks for taking the time to come by and see us because we don't get to see a lot of people who do what you do.' I saw a lot of real smiles coming from their eyes."

Col. Bruce Curry, 78th Air Base Wing vice commander, presented the actor with the 78th ABW commander's coin, an Air Force cap and Robins Tshirt to help remember his short stop.

Some can expect longer tours

By Master Sgt. David Byron

Air Force Print News

WASHINGTON - In an effort to provide stability and allow for long-term relationship building with host governments, the Air Force is designating some positions in the United States Central Command Area of Responsibility as 365-day extended deploy-

The new tour lengths currently affect between 100 and 150 key and critical joint task force staff positions, officials said.

Air Force Chief of Staff Gen. John P. Jumper directed the extended tours in response to requests from joint task force commanders seeking continuity in selected positions, often

Please see TOURS, 2A

Meeting goals means time off

78th Air Base Wing Office of Public Affairs

A Robins initiative that originated nearly two years ago and sought to create an avenue to grant time-off to employees for meeting Center-wide goals has resulted in a revision to AFI 36-1004, Managing the Civilian Recognition Program.

Nicknamed "Goal Days," the initiative could mean two extra days off without charge to leave, non-chargeable leave for military personnel and time-off awards for civilian employees, during the current calendar year for meeting four center-wide goals.

The four goals include 95 percent use of or attendance in training, 95 percent aircraft due date performance, a 50 percent reduction in on-base and off-base DUIs, and a 50 percent reduction in safety related injuries with zero fatalities and zero crippling injuries.

"The goals that have been established here are directly on point to productivity and to the ready and fit work force," said Janet Spivey, Work Force

Please see GOALS, 2A

LRS members talk to media about unusual deployment

By Lanorris Askew lanorris.askew@robins.af.mil

Ten vehicle operators from

the 78th Logistics Readiness Squadron met with members of the local media Thursday to share the details of a recent deployment.

The Airmen, who took on an entirely different role than their normal people and cargo moving duties, spent 215 days serving as combat convoy security for the Army.

This mission, a Joint Staff directive for Air Force troops to supplement Army forces by doing missions traditionally assigned to the Army, is a

first of its kind for the career field and included combat convoy operations from city to city and base to base.

During the deployment, the Robins Airmen faced explosives improvised numerous attacks and encounters with anti-coalition forces. The squadron completed its mission without losing a single member.

Tech. Sgt. Jody Mohler, platoon sergeant, described the deployment as challenging but worthwhile.

"We were assigned to an Army unit to provide security

Please see LRS, 3A



U.S. Air Force photo by Sue Sapp

combat patch of the 13th COSCOM. He was one of 10 vehicle operators from the 78th Logistics Readiness Squadron who spent 215 days serving as combat convoy security for the **United States** Army.

Senior Airman

shows off the

Jacob

Kaminski

Robins 3-day

Today Sunny to partly cloudy forecast Courtesy of 78th OSS/OSW



Saturday Sunny to partly cloudy



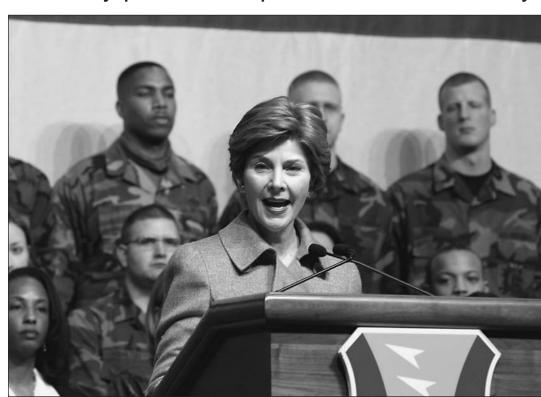
Sunday Partly cloudy with chance of afternoon rain



General Collings commentary: War-winning capabilities begin with winners 5A Base Fire Department explains how to put a lid on kitchen fires 8A Stretch-and-flex program gets physical 3B Put Your Hands Together For... 4-5B

2A Friday, February 25, 2005 Rev-Up

First lady praises troops, families in Germany



U.S. Air Force photo by Staff Sgt. Jonathan Pomeroy

RAMSTEIN AIR BASE, Germany – First lady Laura Bush thanked servicemembers and their families Feb. 22 for their contributions to the U.S. and world security. She credited the Airmen with supporting an air bridge from Europe to Asia that delivered more than 3,000 tons of humanitarian relief to northern Afghanistan, preventing mass starvation there. In addition, she said, they are opening critical airfields in Iraq and providing vital en route support to deploying forces.

TOURS

Continued from 1A

in the region and there is no Status of Forces Agreement in place covering permanent assignments. The positions will fall under the category of "Indeterminate Length" Temporary Duty assignments. That category will allow for certain entitlements to apply that aren't available for standard temporary assignments.

"Although we can't consider them regular short tour assignments, they will be treated as such," Colonel Davis said. "Lieutenant colonels and below who complete the tours will have priority for follow-on assignments, just like any other one-year tour." Colonels completing the tours will be assigned in accordance with normal

colonel assignment procedures.

Family members may also be eligible for standard short-tour benefits.

Storage of household goods is one benefit offered to members serving temporary assignments of 180 days or longer. There are possible options for moving the member's family while deployed; the availability and extent of those options will be determined on a case-by-case basis

Members may also have the option of returning to their former assignment, if there is a suitable vacancy.

There will be career benefits for members serving these extended temporary assignments. Airmen serving the 365-day TDYs will receive short tour credit and be exempt from AEF or other

contingency deployments for six months following their return home. Most of the positions will earn joint duty credit depending on actual length of rotation.

"Our expectation is that all of these positions will get full joint credit," Colonel Davis said. "We are currently working this with the Joint Staff and OSD."

More four-month positions may be considered for extensions in the future as needs change. However, extensions will be limited to positions deemed key and critical in

"Although we're asking some of our Airmen to deploy for a longer period of time to meet mission needs," said Colonel Davis, "we're constantly looking for the best options for our members and their families."

GOALS

Continued from 1A

Effectiveness Branch chief. "If we get people into training, they are better able to do their jobs; fewer accidents mean less cost and less harm to employees and production increases. Fewer DUIs are directly mission related."

Maj. Gen. Mike Collings, Center Commander, signed the Center's Goal Day policy into effect Jan. 4. The policy designates May 27 and Nov. 10 as Goal Days. Each of those dates will be preceded by a measurement period (Oct. 1, 2004 through March 31 and April 1 through Sept. 30) in which the Center must strive to meet all four goals in order for personnel to be eligible to receive time-off on either goal day.

Although the initiative was in the works before Robins' "People First, Mission Always" initiative, it falls hand-in-hand with its focus, and General Collings said he is excited about it.

"This is yet another opportunity for the base to recognize the outstanding efforts of our people," he said. "Not only will our people be rewarded for their hard work in the maintenance field and improvements in training, but they will have an extra incentive to help with the deterrence of life-threatening issues like DUIs and work-related accidents here."

Michael O'Hara, Civilian Personnel director, agreed and said the initiative will prove a useful tool.

"I'm grateful to both Headquarters AFMC and the Air Staff for their favorable consideration of this innovative approach to both reward and motivate our work force," he said. "I'm also proud of the fact that the original proposal for the establishment of goal days emanated from Robins."

He said he is confident that

The goals

Ninety-five percent attendance in training, 95 percent aircraft due date performance, 50 percent reduction in on-base and off-base DUIs, and 50 percent reduction in safety related injuries with zero fatalities and zero crippling injuries.

How it works

Designated Goal Days are May 27 and Nov. 10. The measurement period for the first goal day began Oct. 1 and ends March 31. The measurement period for the second goal day begins April 1 and ends Sept. 30. Failure to meet the goals during the first measurement period does not preclude meeting the same goals in period two.

the goals which have been established are ambitious, comprehensive, and meaningful

Monitoring of the progress toward the goals will be a joint effort among the 78th Air Base Wing, 542nd Maintenance Wing, Safety Office and Civilian Personnel, which are each responsible for a goal.

Deborah Palmer, Education and Training Flight Chief, is confident that the training goal is attainable.

"Is it possible for us to attain 95 percent attendance in all classes? Absolutely, but it will take hard work and dedication from our managers as well as our work force," she said. "When our attendance rate is anything but 95 percent, we are wasting a valuable resource taxpayer money. We have limited training funds to begin with, and we must ensure that we are using those funds in the correct way - training our work force."

At the end of the first measurement period, the Center commander will review the results and decide if a goal day will be granted.

Tracking

■The 95 percent attendance in training goal focuses on the utilization of planned/programmed training. The essential focus is to insure that we are utilizing the missionessential training we pay for. Measures will include tracking the number of "no shows" against the number of scheduled attendees via the Education and Training Management System and by tracking the number of authorized training allocations that are not used via MA's training scheduling system.

■The 95 percent aircraft due date performance goal will be measured by following the AFMC standard format measuring "actual delivery date" against "scheduled out date." The metric will show both month-to-date and year-to-date performance.

■ A total of 32 on-base and off-base DUIs occurred in 2004. A 50 percent reduction means no more than 16 DUIs for the year and no more than 8 per measurement period.

■The 50 percent reduction in safety-related injuries with zero fatalities and zero crippling injuries measure means that no more than 442 safety-related injuries may occur in Fiscal 2005 as there were 883 safety-related injuries reported in fiscal 2004. The measurement of no more than 442 safety-related injuries reported in fiscal 2005 must be divided between the two measurement periods; there must be no more than 221 safety-related injuries, with zero fatalities and zero crippling injuries, reported in each measurement period to meet this goal.

Rev-Up Friday, February 25, 2005 3A

Robins Chief Recognition Ceremony and Dinner set for Saturday

Acquiring the final enlisted stripe is no small feat.

Recent statistics indicate that only one of every 100 personnel who begin basic military training in the Air Force will attain the status of Chief Master Sergeant.

This year is the 45th anniversary of the super grades, and the Robins Chief's Group will recognize 18 personnel for reaching the pinnacle of their career.

There will be two guest speakers, both former Chief Master Sergeants of the Air Force.

The first Chief Master Sergeant of the Air Force – Retired Chief Master Sgt. of the Air Force Paul Airey and the eighth Chief Master Sergeant of the Air Force Retired Chief Master Sgt. of the Air Force Sam Parish.

Also in attendance, will be some of the men who were selected for promotion in the first group - known as Charter Chiefs – Retired Chief Master Sgt. James J. Flaschenreim, Retired Chief Master Sgt. Woodrow M. Lott, Retired Chief Master Sgt. Oliver Loudy, Retired Chief Master Sgt. Ralph A. Schell, Retired Chief Master Sgt. Norris C. Tucker, and Retired Chief Master Sgt. John W. Wrench.

The 2005 Chief's Recognition Ceremony and Dinner will be held Saturday at 6 p.m. at the Museum of Aviation, Century of Flight Hangar. Cost is \$30 per person. Dress for military members is mess dress or semi-formal uniform. Civilian dress is semi-formal.

Those being honored, along with their unit and hometown, Chief Master Sgt. Scotty

W. Adams, 12th ACCS, Griffin Ga. Senior Master Sgt.

Antonio M. Baxter, 19th AMS, Whites Creek, Tenn. Michelle Braatz-Black, HQ AFRC/SG, Hartford, Wis.

Chief Master Sgt. Bret A. Denison, HQ AFRC/CS, Pearl River, La.

Senior Master Sgt. Jeffrey R. Dewitt, 54th CCS, Norwalk, Conn.

Chief Master Sgt. Calvin E. Dixon, HQ AFRC/CCS, Kinston, N.C.

Chief Master Sgt. Vincett B. Garrett, 78 CES, Bronx, N.Y.

Chief Master Sgt. Cynthia Gieger, HQ AFRC/SG, Sugar Grove, Ohio Senior Master Sgt. Michael A. Hall, 78th MSS,

Senior Master Sgt. Robert Brooklyn, N.Y. E. Hall, 116th OSS, Trion, Ga.

Senior Master Sgt. Samuel D. Hook, 653rd CLSS, Bowling Green, Mo.

Chief Master Sgt. La Trease Malone, HQ AFRC/SG, Chicago, Ill. Chief Master Sgt. Jacqueline R. McLear, 78th

DS, Brooklyn, N.Y. Chief Master Sgt. Randal F. Money, 128th ACCS, Rome, Ga.

Senior Master Sgt. Robert W. Norbeck, 116th MXS, Pine Glen, Pa.

Senior Master Sgt. Steve

Crestline, Ohio For more information, con-

tact Chief Master Sgt. Suzy

Chief Master Sgt. Jeffrey

Senior Master Sgt. William C. Russell, 19th

Senior Master Sgt. James

AMS, Columbia, S.C.

F. Sargent, 116th MXS,

Chief Master Sgt. C.

Wade Shaw, HQ AFRC/LG,

Senior Master Sgt. F.

AFRC/RS, Crandall, Texas

Bryant Whiteley, HQ

D. Wilhite, 78th CES,

Clemons at 327-0107.

Greenwood, Ind.

Converse, La.

LRS

Continued from 1A

for the movement of any supplies needed at different locations throughout Iraq," he said. "On the normal rotation when the Air Force deploys overseas we normally run aircrew shuttle bus and other base support things, but this time we were actually given weapons and thrown into combat."

The team had a month of training before the deployment where they were prepared for what they would encounter. In addition to training on high powered weapons, they were also immersed into the Army culture learning the rank structure and lingo.

"We basically became Army," said Sergeant Mohler. "It was challenging, but we welcomed the change and the challenge. I think we did an outstanding job."

Several team members said although their mission involved constant danger, their faith and prayer played a big part in comforting them.

Staff Sgt. Ronald Megginson, who became known as "the preacher" during the deployment, said



U.S. Air Force photo by Sue Sapp

Members of the 78th Logistics Readiness Squadron get ready to meet with local media to talk about their deployment. The Airmen recently returned from a convoy security mission in Iraq.

before each mission he

them through without injuries guide us on our way," he said. or losses.

The team returned to "The biggest thing was to Robins Feb. 2 met by waving

on the back for a job well done.

"A commander gets to

What to know

The 78th LRS squadron was tasked by the chairman of the Joint Chiefs of Staff to fill critical Army shortfalls for Operation Iraqi Freedom. The troops provided logistics security for Army convoys throughout the Sunni Triangle to austere forward operating bases through Tikrit, Samara Baghdad, Fallujah, Ramadi, Al Asad, Baguba, Basrah, Karbala and Abu Ghraib. During the deployment, they supported the 1st Infantry Division, 1st AD, 2nd ID, 1st Marine Expeditionary Force and the 1st Calvary.

during their two year tour," said Col. Greg Patterson, 78th Air Base Wing commander. "The happy times are when his or her troops come home from the war. We are very happy and very blessed to have these ten men home. We thank you very much for the work you have done not only for Team Robins and for the Air Force, but for this coun-

Editors note: See next week's Rev-Up for a more detailed description of the team's deployment.

offered the words to encourage the team and thanks to God for all he had brought give thanks and to ask him to flags, family, friends and pats

experience some sad times

War-winning capabilities begin with winners



Maj. Gen. Mike Collings is the Center Commander.

Note: This commentary is drawn from Center Commander Maj. Gen. Mike Collings' speech at the Warner Robins Air Logistics Center annual awards luncheon Tuesday.

"Air superiority is not the god-given right of Americans. It doesn't just happen. It takes a lot of people working hard to produce the capabilities that make it happen." – Gen Ron Fogleman, CSAF

Air dominance cannot be assumed. It's something we worked hard to achieve and we have to work even harder to maintain. Everyone here at Robins plays a critical role in supporting the warfighter and ensuring our capabilities. You are a crucial link to the front line of our nations defense.

We are a nation at war – and the war on terrorism is unlike any other. The enemy we face today is different than those we faced in the past. It's not just one person, one dictator, or one country, but instead the enemy is elusive. The enemy is terrorism and those who support it.

In this war, the ability to guarantee mobility for a large theater campaign rests with the air force. And that is where we come in. We help provide the global mobility that is required to move people and equipment across the world quickly to ensure we have the right force, anywhere, anytime.

The unconventional threats we face today require a different strategy and a new game plan – and that is why we are going through so many changes right now. We have to ensure that we have the right mix of people, the right skills and the right capabilities to meet current and future challenges to our national security.

While we are fighting the war on terrorism today, we are also building the total force of tomor"Top performers do what is expected of them – and then some. They can be counted on – and then some. They get the job done – and then some."

row. We are transforming our structure and organization to meet the challenges of today and prepare for the challenges of tomorrow

We have re-organized the air logistics centers to better support operational commands and our warfighters in the field. The reorganization, which incorporates the mission wing structure with groups and squadrons, is part of an ongoing effort to more closely align the command with other Air Force major commands.

Here at Robins, we will officially activate the new wing structure on the fourth of March. This new structure enforces a

basic principle of war – unity of command. The new structure will improve the effectiveness of combat capabilities, and most important of all, it will posture us to sustain the fight in the global war on terrorism.

By now you may be wondering, what does all this have to do with me? Here's my point: Those of you who can adapt to change and still make significant contributions to support our mission will be the winners of tomorrow.

President John F. Kennedy said, "Change is the law of life. And those who look only to the past or present are certain to miss the future."

Embrace change as your friend, not your enemy. Grab the steering wheel and drive – don't get stuck looking in the rearview mirror or you are certain to miss what lies should

miss what lies ahead.

Everyone has the potential to be a winner – and I believe the secret for winning can be summed up in three little words:

And then some.

The difference between average people and top performers can be found in those simple

Top performers do what is expected of them – and then some. They can be counted on – and then some. They get the job done – and then some.

If you can embrace change and let those three little words guide you in life, you will always be on top.

We are witnessing landmark events in the history of liberty, and each of you can be proud that you are a part of the team that is making it happen.

Wingman concept means 'together we are a formidable force'

By Lt. Col. Lawrence O. Roche 27th Intelligence Support Squadron commander

LANGLEY AIR FORCE BASE, Va. (AFPN) – The Romans, while not the first to understand the central principle behind having "wingmen," were some of the first to document the importance of the wing position. The most basic Roman battle lines were arranged with the infantry in the center and cavalry on the wings. The main purpose of the cavalry was to protect the center from being outflanked.

For the Army to succeed, it was imperative that the infantry and cavalry understood and followed a prearranged plan and moved with a single purpose. Separately, neither the infantry nor the cavalry stood much chance at defeating an opponent, but together, watching out for each other, they were a formidable force.

The Roman Empire and its lasting contributions to the civilized world would not

have been possible without a well-disciplined army and sound principles.

The weapons used to wage war have changed dramatically since the Romans, but the principles guiding their employment have not.

Today, one of the most important and trusted positions in a formation of aircraft belongs to the wingman. While we have exchanged cavalry horses for F-15 Eagles, the wingman's job remains the same: to protect the lead aircraft.

So what does any of this have to do with us? As Airmen, we are all part of a much larger team. The combined effect of individual efforts and skills make our Air Force the most powerful air force in the world.

None of us could do our jobs without the support of others. We count on our teammates to do their part so we can do ours. We share a common purpose and we know when we need help, our teammates will be there to pitch in and make the mission a success.

All of us need a wingman to succeed. Being a good wingman is a 24-hour-aday job. The principles apply both on and off duty and are anchored in personal commitment. Good wingmen have many important qualities.

First, they have a moral compass that always points true north. They know the right thing to do and take action to do it.

Second, they "keep their head on a swivel," searching the horizon for any sign of trouble and step in to prevent it.

Third, a good wingman learns to lead just as well as follow. We all must be prepared to step up and lead when required, just as we must all be ready to follow once a decision is made.

Although these ideas may seem somewhat abstract, they translate easily into everyday actions. Actions can be as simple as asking a teammate how they are doing and then listening to them when they tell you, or to taking the keys from a

friend who has had too much to drink.

Being a good wingman means ensuring your supervisor isn't bogged down with disciplinary issues due to your momentary lack of judgment. It means taking the time to double check your work and fix any errors without being told.

A good wingman reminds his or her buddies about a meeting starting in five minutes. It means taking care of each other so the team can take care of the mission. It means protecting each other's flank and building and keeping our trust in one another.

Our nation counts on us to defend its greatest possession, freedom. When we joined the Air Force we accepted that challenge and responsibility, and the price of failure is unacceptable.

Just like the Romans, individually we will fail, but together we are a formidable force. Our fellow Airmen and country depend on us to be great wingmen.

Commander's Action Line

Col. Greg Patterson Commander, 78th Air Base Wing



Action Line is an open door program for Robins Air Force Base personnel to ask questions, make sug gestions or give kudos to make Robins a better place to work and live.

Please remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 day or night, or for quickest response e-mail to one of the following addresses: If sending from a military email system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account (AOL, AT+T, CompuServe, Earthlink, etc.), use action.line@robins.af.mil.

Readers can also access Action Line by visiting the Robins AFB homepage at https://wwwmil. robins.af.mil/actionline.htm. Please include your name and a way of reaching you so we can provide a direct response.

Action Line items of general interest to the Robins community will be printed in the Rev-Up. Anonymous Action Lines will not be processed.

Security Forces	327-3445
Services Division	926-5491
EEO Office	
MEO	926-6608
Employee Relations.	926-5802
Military Pay	
IDEA	926-2536
Base hospital	
Civil engineering	
Public Affairs	
Safety Office	
Fraud, Waste ar	
hotline	
Housing Office	

DUI numbers

We had a meeting recently to talk about the Center goal days, and I have a question I'm hoping you could answer for us. First, in the memorandum it states that for us to reach these goals we must cut the DUI rate on-base in half from what it was fiscal 2004. The memo stated it was 28 DUIs, but the Rev-Up states that we had 79 DUIs for fiscal 2004, not 28. And it also states that 17 DUIs have accrued. Are the DUIs reported in the Rev-Up the ones that happen on base, and if so then how do you explain the 28 as being what accrued last year?

(The memo was sent out by Center Commander Maj. Gen. Mike Collings.)

Commander's reply: I can see where the issue gets confusing. The first number, 28, references the number of DUIs the WR-ALC had in fiscal 2004. By the way, that was incorrectly reported to me and has since changed to 32. The other number, 79, is the total number of DUIs tracked for all of Robins, which includes the WR-ALC and also our associate units such as Air Force Reserve Command, 116th Air Control Wing, 19th Air Refueling Group and 5th Combat Communications Group. As you can see, the smaller number is simply a subset of the larger number. We estab-

lished these goals based upon the number of DUIs only within the WR-ALC. So, the WR-ALC goal for fiscal 2005 is to reduce the number of fiscal 2004 DUIs (32) by 50 percent, or in other words no more than 16 DUIs. For the first Goal Day reporting period of Oct. 1, 2004, through March 31, our goal would be to have no more than eight DUIs. As of Feb. 14, there have been seven. Finally, I want to encourage you to spread the word for everyone to have a plan before they go out for an alcoholic beverage. I talked with several of our Airman after DUIs, and the inescapable conclusion I came to is that once the drinking starts, it is too late to make a plan. Please be safe and have a plan – don't drink and drive.

Remember to slow down

There have been

33

speeding tickets issued calendar year to date.

How the points add up

Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to 6 months. Speeding violation points are based on the number of miles over the posted speed limit.

10 miles = 3 points 11 - 15 miles = 4 points 16 - 20 miles = 5 points 21+ miles = 6 points

Source: AFI 31-204



Airmen Against Drunk Drivers is a 24-hour-service that provides rides to those who have consumed alcohol and need transportation home.

The program is run by volunteers from across base, and those who use the service aren't subject to adverse

To request a ride, call: 335-5218, 335-5238 and 335-5236.

Best metro format newspaper in the Air Force 2003 and Best metro format newspaper in Air Force Materiel Command 2002, 2003, 2004



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Editorial staff 78th Air Base Wing

Office of Public Affairs

 8A Friday, February 25, 2005 Rev-Up

Base Fire Department explains how to put a lid on kitchen fires

By Holly L. Birchfield holly.birchfield@robins.af.mil

Keeping a close eye on what's cooking could keep your meal, or even worse, your house from going up in flames.

According to recent statistics from the National Fire Prevention Association, more than 100,000 home fires involved cooking appliances, resulting in multiple injuries and millions of dollars in property damage

But Tommy Kennedy, Robins Fire Prevention Office assistant fire chief, said paying attention during meal preparation can help people put a lid on many fires.

"The leading cause of most kitchen fires is unattended cooking," he said. "When you leave things like that alone, bad things can happen."

Tech. Sgt. Marcus Roberts, fire prevention inspector, agreed.

"People take cooking for granted," the 17-year veteran firefighter said. "But they need to know that accidents can happen, and it's prone to happen if you leave the room."

ABC fire extinguishers – which are capable of putting out fires involving wood, paper, electrical items, and those caused by highly flammable items – are

important tools to have around if a fire breaks out, Mr. Kennedy said.

"Using an ABC fire extinguisher is the best way to extinguish grease fires," he said. "Fire extinguishers are a first-aid item. If you can use one safely, do so. If not, you need to evacuate."

Fire extinguishers should be located in a safe place in every kitchen, such as by the kitchen door, said Mr. Kennedy.

In the event of a fire on a stove or in a microwave or conventional oven, people should leave the burning item in place, leave the door closed and immediately turn off the appliance, Mr. Kennedy said.

According to base fire department records, the number of kitchen fires have been significantly reduced within the last several years — an accomplishment he attributes to the base's fire prevention education efforts.

"We have an excellent fire prevention program at Robins," he said. "We talk about the home, cooking fires, and any other items that deal with fire prevention in the home."

The one-hour session – which calls for mandatory attendance for all people living in base housing within the first 30 days of their arrival on base – offers people an array of fire prevention information.

What to know

New residents in base housing are required to attend a one-hour fire prevention course within 30 days of arriving on base. Representatives from the fire department are available for follow-up education in the home. For more information, contact the Robins Fire Department at 926-2145.

- Never leave an oven, stove or microwave oven unattended when cooking.
- If a fire occurs on the stove, put a lid on the pot and turn the burner off. Do not remove it. If the pan is in the oven, keep the oven door closed and turn off the oven. If a fire occurs in a microwave oven, keep the door closed and unplug the unit if safety permits.
- If you must leave the stove, turn it off.
 Never attempt to heat articles that are not microwave-approved containers.
- Never put water, salt or flour on a
- Know how to use your fire extinguisher and inspect it monthly for serviceability.
- Clean appliances daily or after each use.
- Make sure burners are turned off after cooking.
- Unplug portable appliances such as
- coffee pots and toaster ovens.

 Do not store matches or other flam-
- Do not store matches or other flammables near heat-producing appliances.

Registration for mentoring program open to all

The new Mission-Driven Mentoring program is now available to all Air Force Materiel Command civilian and military members who wish to be a mentor or to find a mentor

Contact your program administrator for access codes

and additional information: Jane Channell, 78th ABW, 926-3480

Diann Carmichael, ASW, 926-0196

Janice Gorham, ASW, 926-

Tracy Barnes, CSW, 222-1815

Carolyn Harrison, CSW, 926-4863

6-4863 Rick Scoggins, MXW, 2223437

Linda Anderson, MXW, 222-3439

Jacqueline James, AE, 926-

Lucy Watson, AE, 926-4028 Linda Shaw, DS, IG, 926-

Renee Beringer, DS, IG, 926-9179

Eric Jones, EN, 926-6617 John Soltis, EN, 926-1132 Jason Roberson, FM, 926-

Rose Seguin, FM, 926-1829 BJ Toth, IT, 926-8563 Sylvia Smith, IT, 926-8519 Stephanie Hall, PK, 222-

Kate Harper, PK, 222-4710 Richard Thomas, SE, 926<**27**1

Yvonne Garnett, XP, 926-2939

Victor Hudson, DP, 222-0631

Pam Patten, DP, 327-9163 To register as a "mentor" or "mentee" through the Webbased tool follow these instructions:

- 1. Go to www.3creek mentoring.com/USAirForce/
- 2. Click on appropriate Login. (Mentees click on Mentee Login and Mentors click on Mentor Login)
- 3. Mentors click on "Create New Record," Mentees click on "New User". Fill out required information including either the Mentor Group Code

or Mentee Group Code available from your organization program administrator

4. Follow the instructions that appear on each page to complete your profile.

- From staff reports

MUSEUM EVENTS

■ Museum of Aviation Education
Department will host **Young Astronaut's Day**March 5 from 8:30 a.m. - 3 p.m. The day features educational workshops for third through sixth-graders. Participants attend four workshops, two of their choice and two assigned by the education department. Cost is \$15 and includes lunch and T-shirt. All participants must be accompanied by a chaperone for the entire day. There is a requirement of at least one chaperone per every 10 participants. For more information, contact Tamea Matthews at 926-5558.

■ The museum and the Museum of Aviation Foundation will host the **Southern Wings Art**

Show March 10. The show will feature the talents of aviation artists Jim Balletto, Wade Meyers, Marc Stewart and Russell Smith. The artwork will remain on display in the art gallery, located on the second floor of the Eagle Building, until May 10. For admission information, call 923-6600.

■ The museum will present its monthly Hangar Talk with the film "Women of Courage" March 18 at 10 a.m. in the VistaScope Theater located on the first floor of the Eagle Building. The event is free and open to the public. Seating is based on a first-come, first-served basis. For more information, contact Heather Fasciocco at 926-6870.

ROBINS BULLETIN BOARD

Friday, February 18, 2005 9A

To have an item listed in the bulletin board, send it to angela.trunzo@robins.af.mil by 4 p.m. Monday prior to the Friday of intended publication.

Five Men on a Stool

Today is the grand finale of the Black Heritage Observance Committee's events for the celebration of Black History Month. Five Men on a Stool, a contemporary Jazz and R&B ensemble accompanied by a touch of spoken word, will perform at the Enlisted Club from 7-10 p.m.

78th ABW Enlisted Promotion Ceremony

Col. Greg F. Patterson,
78th Air Base Wing commander, will host the monthly
78th ABW Enlisted
Promotion Ceremony
Monday at 3:30 p.m. at the
Base Theater. Commanders,
supervisors, family members
and friends are encouraged to
attend. For more information,
contact Master Sgt. Sharon
Ward at 926-0792.

School board meeting

Robins Air Force Base school board will meet at 11 a.m. Tuesday at Robins Elementary School, Building 988. Public is invited to attend the meeting.

CSS in-house training

The 78th Mission Support Squadron Military Personnel Flight will host their monthly CSS in-house training session at 3 p.m. Wednesday in Building 905, Room 240 (MPF training room). The training topics will be Duty Status Reporting, PER-STEMPO Updates, and PC-III Duty Information Updates. If you have any questions concerning this training, contact Senior Master Sgt. Mike Hall at DSN 497-7337.

OSC Scholastic Achievement Awards

The Officers' Spouses Club announces its annual Scholastic Achievement Awards 2004-2005. The club

is offering two types of scholarships: for graduating seniors and continuing education students. Eligibility criteria and application packets are available at the Robins Thrift Shop, Family Support Center, Robins Education Center, and at counselors offices of local area high schools. For more information, contact Kitty Addington, scholarship chairperson, at 923-9532 or daleandkitty@ hotmail.com. All applications must be postmarked no later than March 15.

Palace Chase/Palace Front briefing

The Palace Chase/Palace Front Briefing is held the third Wednesday of every month at 10 a.m. in Building 905 (MPF Building) in room 240. The Palace Chase program is an early release program which allows active duty Air Force officers and enlisted to request to transfer from active military service to an Air Reserve Component. The program allows you to transfer to the Air Force Reserve the day after separating from the active duty Air Force. There are many opportunities in the AF Reserve for you to continue your education, cross train and serve near your home. For more information, call Master Sgt. Danny Varga at 327-7367.

Tax center

The tax center is open. Service will be provided on a walk-in basis Monday through Thursday. Sign up begins at 11:30 a.m. The tax center is located in Building 905 on the second floor of the library. Items needed for tax preparation are W-2s for jobs and DITY moves if any, 1099s, 1098s, SSNs, bank routing and account numbers for direct deposit (preferably a voided check), power of attorney if applicable, childcare provider's name, SSN or tax ID number, address, child care cost, and any other necessary documentation. For further information, call 926-2391/2635.

CloseUp

The heart of the matter

Heart attack survivors tell their stories, offer advice straight from the heart

By Lanorris Askew lanorris.askew@robins.af.mil

March 29, 2004 began as a good day for Kim Manning. Her alarm clock's snooze button, which usually works over time, got the day off, while a warm shower and a hot cup of coffee propelled her out the door and off to work.

Less than half an hour later her good day went bad – real bad.

Just miles from her Cochran, Ga., home she became short of breath and noticed tightness in her chest.

With no cell phone and very few vehicles on the road at 6 a.m., she didn't want to pull over, so she continued toward the base. The closer she got, the worse her symptoms became.

"I broke out into a cold sweat," she said. "I was sweating so much that my hair was wet even though I had the air conditioner going full blast."

The sweating was accompanied by a numbing sensation in her left hand, blurred vision and chest pains that replaced the earlier tightness. Luckily Mrs. Manning made it safely to Robins' Gate 2 and to the quick response of Senior Airman Thomas Garner.

"By the time I got to the gate I couldn't move my left arm at all and my vision was really blurred," she said.

She remembers Airman Garner screaming "call 911 and make sure they send an ambulance."

She also recalls him standing next to her taking her vitals and monitoring her condition while another Airman, Airman 1st Class Megan Hitt found her home phone number and called her husband.

Airman Garner's quick assessment of the situation and call for aid could very well have added years to Mrs. Manning's life and she thanks him for it.

"How do you thank someone who helped saved your life?" she said. "Just saying thank you is not nearly enough. I would love to see both of those Airmen get rewarded or recognized in some special way for their efforts."

Nearly a year later the budget analyst is back at work and doing well, but she said her life has changed in many ways.

"You get your priorities in order very quickly when something like that happens," she said.

In addition to living healthier by not smoking and making better food choices, she also has a much closer relationship with her family and friends.

"I read a book called "I am Third" by Gayle Sayers when I was a teenager that had a quote that read 'God is first, family is second and I am third' That book's message is definitely better understood now than when I read it the first time," she said.

Living life after a triple bypass at age 41, Mrs. Manning sees life through new eyes.

"I appreciate life a lot more," she said. "Every time I see my scar it reminds me of



Kim Manning, left, a budget analyst, is living life after a triple bypass at age 41. Ann Hulett, a data systems analyst, had three heart attacks and didn't know it. Both women have made lifestyle changes and have learned to listen to their bodies.

how blessed I am."

While Mrs. Manning had the typical tingling in the hand, tightness of the chest and shortness of breath, those symptoms aren't always present when a heart attack

'Atypical'

Ann Hulett, a data systems analyst in the Maintenance Directorate, has a completely different story.

"Here's the thing," she said.
"I've had three major heart
attacks and have no clue when
I had them. I'm considered
atypical."

When Mrs. Hulett went in for a stress test as a part of a routine annual physical Nov. 17, three minutes into the test she was pulled off of the tread-

mill and an ambulance was called.

She was taken to the hospital and given a heart catheterization where a tiny tube is inserted through the femoral artery and run up into the heart to inject a dye which allows blockages to be seen clearly on a screen. During the procedure it was found that she had six blockages all of which ranged from 75 to 100 percent and she was immediately scheduled for five bypasses.

"Looking back now, aside from realizing that I was slowing down and that I was tired, it really blindsided me, my family and friends," she said.

"Even the doctors were unnerved. They don't know why I'm alive."

Much like Mrs. Manning, the mother of two and grandmother of three has a fresh outlook on life.

"I don't let things bother me anymore," said Ms. Hulett. "If it's not something I can fix I try to just let it go, and I thank God every day when I get out of bed."

More than her outlook has changed though.

"Until 9:30 a.m. on Nov. 17, I was a smoker," she said. "That was my third risk factor for heart disease – an elevated cholesterol level and elevated blood pressure being the other

two."

Those factors in her life's equation have been reduced greatly. She no longer smokes, she exercises regularly and

reads food labels religiously.

"I can't do my own yard work. I can't pick up anything much heavier than my laptop," she said. "Instead of still being fiercely independent, I have to depend on others to do simple things for me like get clothes out of the washer, sweep and mop, but I'm so thankful to hear the alarm clock every morning. I have been given a chance that few people receive. I survived three silent heart attacks."

She is getting better day by day. At her last doctor's appointment it was estimated that her heart is now functioning at 30 percent – up from an earlier 20 percent. And, after two months of cardiac rehabilitation she can do a 20-minute mile on the treadmill while barely breaking a sweat.

"I know that sounds lame, but considering two months ago I could barely get in or out of bed by myself I truly feel blessed," she said.

"People ask, how and why did I come back to work after

only six weeks. I guess it was due to the same reason I was still alive - determination and intestinal fortitude. Also, I knew that if I had to stay home much longer I would be completely nuts."

Area of heart muscle damaged

from lack of oxygen and nutrients.

Anatomy of a heart attack

blood flow.

Fatty deposits build up in the lining of arteries over time. As the artery narrows, the risk increases that a clot will form and totally block

Unrestricted

blood flow.

Buildup

of plaque

blood flow.

Plaque totally

restricts blood flow.

partially restricts

The advice

She has a message for

everyone who hears her story.

"Please have your cholesterol checked annually, check your blood pressure periodically and stop smoking," she said.
"Listen to your body; question why you don't want to do things because it's too hot, it's too far to drive or you're too tired."

Mrs. Manning agreed.
"I wasn't overweight, didn't

suffer from high blood pressure and had no high cholesterol concerns," she said. "Be aware of your body and your family history."

While both Mrs. Manning and Ms. Hulett were smokers and not exercise enthusiasts one of the main risk factors for both women was heredity. Four of Mrs. Mannings' uncles suffered heart attacks and Ms. Hulett's mother and grandmother suffered from heart disease too.

Although both these stories have happy endings many

Symptoms of a heart attack

The National Heart Attack Alert Program notes these major signs of a heart attack:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, full-

ness, or pain.

Discomfort in other areas of the upper body. Discomfort can include pain or discomfort in one or both arms, the back, neck, jaw, or

stomach. Shortness of breath.

This often comes along with chest discomfort, but it also can occur before chest discomfort.

Other symptoms.

Symptoms may include breaking out in a cold sweat, nausea, or light-headedness.

If you think that you or someone you know is having a heart attack, you should call 911 immediately.

don't. As American Heart Month draws to a close it's important that everyone remember to watch for warning signs and reduce risk factors as much as possible so they can see another birthday come and go.

"I turned 52 on Dec. 15 and I was tickled pea green to see that birthday," said Ms. Hulett.

U.S. Air Force graphic by Staff Sgt. Brian Bahret

Blocked artery.

Federal law (5 U.S.C. 6103) establishes the following public holidays for federal employees. Please note that most federal employees work on a Monday through Friday schedule. For these employees, when a holiday falls on a nonworkday - Saturday or Sunday - the holiday usually is observed on Monday (if the holiday falls on Sunday) or Friday (if the holiday falls on Saturday).



Independence Day

2005 FEDERAL HOLIDAYS

Columbus Day

Veterans Day Thursday, Nov. 24: Thanksgiving Day

Christmas Day

MARCH, APRIL, JUNE, AUGUST

SERVICES BRIEFS

Aero Club

Private pilot ground school registration will be held Tuesday through March 7 from 8 a.m. - 4:30 p.m. School starts March 7 at 5:30 p.m. One-hundred percent tuition is available for active duty military. Cost is \$340 for tuition and \$200 for books and duffle bag and is due at the time of registration. Ground school is a 45 - 50hour course, lasting approximately six weeks and scheduled on Mondays, Wednesdays and Fridays from 5:30 - 7:30 p.m. For more information, call 926-4867 and register soon because classroom seating is limited.

Base Restaurant

Grilled steaks are back on Thursdays from 11 a.m. - 1 p.m. Cost \$5.95 and includes grilled steak, baked potato, green beans and tea.

Child Development Centers East and West

A CDC art exhibit will be held today from 11 a.m. - 1 p.m. in the Smith Community Center.

Celebrate Reading Across America Day with Dr. Seuss March 4 at both centers. Parents are invited to join the children for breakfast of green eggs and ham. Cost is \$1. Volunteers are needed to share stories.

Give Parents a Break and Hourly Care is available March 4 from 6:30 - 10 p.m. at the Child Development Center East and School Age Program (unless otherwise posted). An advance \$6 nonrefundable deposit is required hourly care. Cost is \$3 per child per hour for children six weeks to 12 years old. New enrollees must have up-todate shot records for their children and complete required forms prior to making reservations. For more information, call 926-5805.

Civilian Recreation bingo

Family night bingo will be played Monday at 6 p.m. at the Smith Community Center. Prizes will include keyboards, tents, sports equipment and a dance machine. Cost is \$3 per package. All children purchasing a package will receive a small gift. No one will go home empty-handed.

Club membership

A chance to win either a \$500 or \$1,000 vacation travel voucher is in your future when you join the Robins Enlisted or Officers' Club, now through April 30, 2005, during the Members Wanted -It's Where You Want to Be club drive. Current club members have a chance of winning this package too.

Club membership at the officers' and enlisted clubs is open to all Department of Defense employees serving Robins as well as active duty, reserve, and retired military and retired DoD civilians. For more information concerning club membership features, options and benefits, call the Robins Officers' Club at 926-2670 or the Robins Enlisted Club at 926-4515.

Enlisted Club

A Texas Hold 'Em tournament will be held Saturday with a practice and warm-up session from 11 - 11:45 a.m.,

games at 12:30 p.m. Prizes will be given to the winners of the first round and a 27inch television will be given as the grand prize. The tournament is limited to the first 64 players. Cost is \$5 members and \$10 nonmembers. For more information, call 926-4515.

Information, Tickets and

Tickets are available for the Atlanta Hawks basketball team versus Philadelphia 76'ers on March 5; against Golden State Warriors on March 12: New York Knicks on March 18 and Toronto Raptors on March 26. Tickets are \$35 per person.

NASCAR tickets are available for the Aaron's 312 and Golden Corral 500 on March 19 and 20. Cost is \$50 for both races. Tickets will be available through March 4.

ITT has tickets to the Macon Southern Pro Bull Riders Rodeo. The rodeos will be held at 7:30 p.m. April 1 and 2 at the Shrine Park in Macon. Tickets cost \$11 for adults and \$5.50 for children 10 and younger.

ITT has tickets available to "Movin' Out" April 2 at 2 p.m. for \$59 until March 21. This production will be held at the Fox Theatre, Atlanta.

Explore and expand your horizons at the ITT Safari Travel Show March 16 from 10:30 a.m. to 2:30 p.m. at the Smith Community Center. Visit travel booths from the following travel and amusement representatives: Walt

Macon Convention and Visitors Bureau, Babyland General Hospital, Holiday Inn Sunspree Resort, Four Points Sheraton, Villas by the Sea, Albany Convention and Visitors Bureau, Enterprise Rent-A-Car, Medieval Times, Universal Studios, Mossy Creek Barnyard Festival, Resort Quest Orlando, La Quinta Lakeside, Staybridge Suites Orlando, Red Horse Inn/Kessler Collection. Howard Johnson Plaza Resort, Alpine Helen/White County Convention and Visitors Bureau, Wild Adventures, Hilton Garden Inn, Orlando Seaworld, Radisson Barcelo Hotel. **Emerald Coast Convention** and Visitors Bureau Inc., Hampton Inn Amelia Island, Dixie Stampede, Interline Value Vacations, Andersonville Trail Association, Buffalo Lodging, Macon Knights, Westgate Resorts, Hilton Garden Inn Albany, Gone With The Wind Museum, Shades Of Green

Officers' Club

Enjoy Isaac Barber as he plays light rock on his acoustic guitar at the Wellston today from 4:30 - 7 p.m.

and Boardwalk Beach Resort.

A "hot off the grill" will be served Wednesday from 11 a.m. - 1 p.m. Enjoy hot dogs, hamburgers, barbecue, French fries, coleslaw, baked beans and all the trimmings.

Outdoor Recreation

Recreation swimming is offered at the Rasile Indoor Pool Tuesdays, Thursdays and Fridays from 2 - 3 p.m. and Saturdays from 1 - 5 p.m. times for lap swimmers. Children 16 years old and younger must be supervised at all times and floatation devices must be U.S. Coast Guard approved.

Riding Stables

The riding stables, near Luna Lake, offer a lighted riding ring, hot and cold wash racks, a horse trail, stalls and a horse pasture. Costs include monthly \$15 family membership fee plus monthly stable fee of \$67. All base ID cardholders are eligible to use the

Services Marketing

If you are a DoD civilian assigned to Robins, go to www.robins.af.mil/services and click on the civilian survey icon on the home page. The information you provide will be used to further enhance programs and activities.

Subscribe to the new Services Cutting Edge electronic newsletter by going to www.robins.af.mil/services and clicking on the subscribe icon at the top of the page. Subscribe to the overall Services newsletter or to only those activities that are of interest to you.

Smith Community Center

Enter the base-level Air Force Chess contest slated for 10 a.m. March 12 in the Smith Community Center. This competition is open to all active duty members, DoD civilians, contractors, retirees, and family members. Active duty winners have the opportunity to advance to the nextlevel of the Air Force Chess tournament. For more infor-

MOVIE **SCHEDULE**

Adult tickets are \$3.50; children (11 years old and younger) tickets are \$2. For more information, call the Base Theater at 926-2919.



7:30 p.m. - Coach Carter - Samuel L. Jackson and **Robert Richard**

Coach Ken Carter, who oversees the direction of Richmond High School's basketball program in California, found himself in the center of controversy when he locked out his entire varsity basketball team (including his own son) in order to motivate and push them to improve their grades. He was even prepared to cancel his entire season after 15 of his 45 players failed to lived up the classroom standards they agreed to in a contract they had signed earlier in the semester. Ken Carter went on to garner national headlines and praise even from some of his own athletes, some of whom later earned academic scholarships.

Rated PG-13 (violence, sexual content, language, teen partying and some drug material) 137 minutes

Saturday 2 p.m. - The Pacifier -Vin Diesel and Lauren Graham

Pick up free passes at the Main Exchange checkout counters and any AAFES Food Outlets. Please arrive early. Seating is available on a first-come, first served basis. Theater is not responsible for over booking.

Vin Diesel redefines what it means to be an action hero in this heart warming family action comedy. Navy SEAL Shane Wolfe is an elite member of the world's fiercest and most highly trained force, and he thought he was prepared to take on any duty no matter how perilous or impossible until he tried babysitting.

Rated PG (action violence, language and rude humor)



7:30 p.m. – In Good Company – Dennis Quaid and Topher Grace

Dan is demoted from head of ad sales in a corporate takeover. His new boss, Carter a business school prodigy who preaches corporate synergy, is half his age. Both men are going through turmoil at home.

Rated PG-13 (some sexual content and drug references) 110 minutes

COMING SOON

March 4 – **Alone in the Dark** – Christian Slater and Tara Reid – A supernatural detective travels to an island to solve the mystery of a friend's death. While there, he discovers the secrets of the Abskani, an ancient tribe that worshiped demonic forces. Rated R (violence and language) 96 min-

March 5 -**Are We There Yet?** – Ice Cube and Nia Long Nick is trying to land a date with Suzanne. Problem is Suzanne, a divorcee, is stuck working in Vancouver and miserable because she misses her kids. Rated PG (language and rude humor) 95 minutes

CHAPEL SERVICES

Catholic Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and at a 5 p.m. vigil the day before, and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15

Protestant General Services take place every Sunday at 11 a.m. This service includes some traditional and contemporary worship styles in music and in format. Protestant **Inspirational Services** take place every Sunday at 8 a.m. Protestant **Contemporary Services** take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with a praise team assisting in singing and includes both traditional and contemporary styles of music and worship.

Jewish service time is each Friday at 6:15 p.m. at the Macon synagogue.

Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex Rooms 1 and 2.

The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.

FAMILY SUPPORT CENTER

Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel. For more information or to make a reservation, call 926-1256.

Transition assistance

The Transition Assistance Program ensures active duty personnel are prepared to separate from the military. Classes are offered throughout the year.

Relocation assistance

The FSC has videos on many Air Force installations around the world available for checkout. The relocation assistance program also has a Standard Installation Topic Exchange Service that has information on all military installations worldwide at www.airforcesourceone.com (user ID: airforce; password: ready).

For more information, call 926-3453.

Pre-deployment briefings

Pre-deployment briefings are offered by the FSC readiness team at 8:30 a.m. Mondays and Fridays in Building 945, FSC annex. For more information, call 926-3453.

Career focus

Career Focus provides ways for military spouses and family members, and displaced DoD civilian personnel to identify skills and interest, plan careers, improve job search skills, and increase opportunities for employment or a career change. For more information, call 926-1256.

Airman's attic

The Airmen's Attic program supports junior enlisted members that are establishing a household. E-4s and below are encouraged to visit the attic to find items to help defray the cost of setting up an apartment or home. Items usually available include kitchenware, small appliances and decorative items. The attic also provides children's clothing, toys and military uniforms. Large items such as chairs, couches, washers, dryers, entertainment centers, desks and tables are donated to the Airman's Attic. These larger items are passed on to junior enlisted members by way of a "Wish List." Airmen are encouraged to visit the Attic and list their needs on the wish list.

Morale call program

Standard morale calls are conducted over the DSN with a regular telephone. The military member provides the DSN number, where he or she is located, to the family member. The family member calls the FSC at 926-1256 to receive a control number. Once a convenient time for both the military member and the family member is chosen, the family mem-

ber calls the base operator at 926-1110 to make the morale call. Please choose a time wherein both parties can complete the entire 15-minute conversation within one call. The videophone morale call must be conducted at the FSC. Videophone Morale Calls are made using the VIATV system.

Car care program

The Car Care Because We Care program is open to active duty Air Force spouses when the military member deploys on assignment for more than 30 days. Additionally, spouses of active duty Air Force members serving remote tours overseas are now eligible to use this program. Spouses may receive two certificates during the yearlong assignment. This program allows the spouse to take the primary family vehicle to the Base Service Station for free oil and filter change, (\$20 value), chassis lubrication and a safety inspection.

Certificates are issued to the spouse at the Family Support Center after verification of the member's remote tour, TDY/deployment. If the safety inspection at the service station reveals safety concerns, the spouse may approach the Air Force Aid Society office to apply for an interest-free loan.

To receive the certificate, bring a copy of member's orders by the FSC.

LEAVE/TRANSFER

The following people have been approved as participants in the leave transfer program.

Rachel LaVon Harris, WR-ALC/LTCR. Point of contact is Lisa Vander Poorten at 926-3385.

Elaine H. Reaves, WR-ALC/LSCF. Point of contact is Debby Tamer at 222-3287.

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Rev-Up, directorates should send information to Angela Trunzo at angela.trunzo@robins.af. mil. Submissions run for two weeks.

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ROBINS CLUBS

Officers' Christian Fellowship meets
Tuesdays at 7:15 p.m. at a member's home.
OCF serves all active duty officers, enlisted
personnel, guard and reserve members, ROTC
cadets/midshipmen, international military personnel and civilian employees of military
retirees. For more information, contact Capt.
Melissa Cunningham at melissa.
cunningham@robins.af.mil or 1st Lt. Ann
Walsh at ann.walsh@robins.af.mil

Procurement Toastmasters Club, open to all of Team Robins, meets the first and third Thursday of each month at noon in the Contracting Directorate's conference room,

north end of Building 300. For information, call Lily Fickler at 222-1673.

Ravens Toastmasters Club meets the first and third Wednesday of each month at 11 a.m. in the Special Operations Forces Management Directorate's conference room No. 1, Building 300, East Wing, door E-4. For information, call Eddie Sanford at 222-3052.

Editor's Note: Information is provided by club members. To have your club or group's information included or updated, submit it to Angela Trunzo by e-mail at angela.trunzo@robins.af.mil or by fax at 926-9597.

Students perform in state honor choir

Brianna Brewer, Kai Villanueva, Andrew Hartford and Ashley Changet represent Robins Elementary School in the 2005 Sixth Grade Georgia State Honor Choir. All four students are members of the Robins Elementary School Chorus and rehearsed with their choral director, Sheila Clopton, prior to attending the Honor Choir Clinic. Five-hundred students from one-hundred fortyone schools made up the two honor choirs. The weekend concluded with a performance in the Clayton County Schools Performing Arts Center in Morrow, Ga., Feb. 12.



Submitted photo

SPORTS BRIEFS

Bowling Center

- A most pins over your average competition will be held Saturday at 6 p.m. Cost is \$15 per person and includes men's and women's divisions. Bowl a three-game series and whoever bowls the most pins over their average wins.
- Wear your favorite college basketball apparel during March Madness and pay \$1.50 per game, as long as your team stays in the tournament.

Fitness Center

- The inaugural 2005 Winter Sports Day has been rescheduled for March 11. Events include a swim meet, table tennis, racquetball, volleyball, walleyball, obstacle course and a three-on-three basketball competition. For more information, call 926-2128.
 - A three-on-three basketball game will be

held March 5 at 6 p.m. Prizes will be awarded to first, second and third place teams. Sign up at the fitness center.

- A body fat analysis is slated for March 9 from noon 1 p.m. at the fitness center. Wear comfortable shirt and shorts and do not exercise before the assessment. For more details call the center
- Enjoy free water aerobics Tuesdays and Thursdays at 4:15 p.m. and Wednesdays at 6 p.m. at the Rasile pool. For more information, call 926-2128.

Golf Course

A two-person dogfight is scheduled for Saturday with a shotgun start at 9 a.m. The event package includes golf car, green fee, lunch and prizes. Cost is \$30 per person AGFP and \$45 for guests. Sign up at the Pine Oaks pro shop or call 926-4103.



U.S. Air Force file photo by Sue Sapp

A new video will be available to the workers in the Commodities and Industrial Products Division of the Maintenance Directorate. The video will show the correct way to do the various stretching moves and will give helpful information about each exercise.

Stretch-and-flex program gets physical

By Lisa Mathews

lisa.mathews@robins.af.mil

A team Lean event in the Commodities and Industrial Products Division of the Maintenance Directorate has led to revitalizing the stretchand-flex program. Soon a new video will be available to the work force in that division.

The video will show the correct way to do the various stretching moves and will give helpful information about each exercise. The video features a variety of personnel including mechanics who have been participating in the program, Lean team members, exercise experts and supervisors. Once the video is in place, the viewers will recognize many of their co-workers performing the exercises.

Dianne Spires, a member of the Lean team for this event, said that placards have been posted throughout the division to give workers even more information about the program.

She said the team realizes different jobs require different type stretching and flexing exercises. She said the exercises for someone in an administration area would be different than for someone who works on the shop floor.

Because of these differences, information is being provided to allow workers to know which exercises are most beneficial for their work environment.

"We want to give everyone

"We want to give everyone within the division the opportunity to participate in this program," Ms. Spires said. She explained that each section would have a point of contact in order to track the participation. In addition, personnel can choose to participate in groups or individually and at a time of their choosing.

"Some people may need the exercises in the morning when they first arrive at work and others may find they benefit more by exercising later in the day," Ms. Spires said.

Scott Snider, another member of the Lean team, said that giving the work force a chance to protect themselves from work-related injuries was an important incentive for the group. He said that hopefully, if workers participate in the program, they can avoid injuries on and off the job. In addition, stretching at work decreases the severity and cost of treating musculoskeletal injuries. He added that supervisors within the division were briefed on the team's plans to revitalize the program and were pleased with support they were receiving.

Other members of the Lean team were Angela Williams, Amanda Foster, Bob King, Maxine Aikens, Sherri Justice, David Sutton, Jessica Wilson and Mike McCard. Ed Aspera taped and edited the video for the division.

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PUT YOUR HANDS TOGETHER FOR ...

The "Put your hands together for..." feature is a monthly installment to the Robins Rev-Up. Due to the overwhelming number of awards people at Robins receive, we just aren't able to cover them all. This feature is our way of ensuring we give credit where we can. The installment runs in the last issue published each month.

To have an award included in the "Put your hands together for..." page, submit a brief write up of the award and the people who have earned it. Photos may also be submitted, but space is limited. Submissions should be sent either by e-mail or brought to the Rev-Up office, Suite 106, Building 215. Submissions that are

brought to the office should be in Microsoft Word on a disk. Photos can be e-mailed or delivered to the office too. For more information, contact Geoff Janes at geoff.janes@robins.af.mil or Angela Trunzo at angela.trunzo@robins.af.mil. Either can be reached by phone at 926-2137.

>>> Husband and wife team win Air Force talent contest

By Chrissy Zdrakas chris.zdrakas@robins.af.mil

Take a steamy dance routine, add some sultry music, sleek costumes and dancers who look through the eyes of love, and you have a couple of winners.

That's how Juan and Julie
Sanchez from Robins won the Air
Force Services Agency 2004 Teen
and Family Talent Contest in the
husband and wife division.

The couple, who met in a salsa club in Las Vegas, Nev., qualified for the Air Force contest by winning the base-level competition in November. The Services Division's Smith Community Center sponsors the Robins Family and Teen Talent Show, which is held at the center, and sends a videotape of winning performances to Air Force for competition.

The Sanchezes, who have been married since December 2003, began dancing together five years ago.

"We both like salsa dancing, and

just kind of started going out salsa dancing," Mrs. Sanchez said. "When you are dancing with your lifelong partner, you get a whole different feel about the dance. It's more romantic - you can look into each

other's eyes, and you can feel it."

That, she said, was different from just going through the motions with someone you meet in a club. She believes the judges captured the emotional connection and that the connection played a key role in their winning.

Her husband is a staff sergeant whose primary job is operating and maintaining generators for the 5th Combat Communications Group. She is a business manager for a base contractor, Lesco Logistics.

Sergeant Sanchez said he began salsa dancing while stationed at Nellis Air Force Base, Nev., because he wanted to "meet females." The dance is not only fun, but also good exercise, he said. He is convinced that having his wife as his dance partner has made a definite differ-

ence in their performances.

"Dancing with her makes it more enjoyable," he said. "You don't have to think about what you are doing; it just happens. You connect. It doesn't feel right when I'm not dancing with her."

He had never danced before he began salsa classes. She had been a cheerleader and was into hip hop and ballet. Mrs. Sanchez had only been in Las Vegas for two months before meeting her husband.

During their time there, they went salsa dancing seven nights a week and practiced two to three times a week for two or three hours, over time learning to be in sync and getting into "the feel" of the movements.

The couple won five different competitions in Las Vegas before moving to Georgia.

Because of the Air Force win, they will be invited to perform with Tops in Blue, the Air Force's entertainment troupe, when the team visits

>>> Teen pianist wins second place in Air Force talent contest

By Chrissy Zdrakas chris.zdrakas@robins.af.mil

At 17, Maya Uddin has discovered that winning isn't as important as having fun pursuing a dream. She placed second in the Air Force Services Agency 2004 Teen and Family Talent Contest and had fun doing it.

Miss Uddin, daughter of retired Air Force Col. Mohammed Uddin and his wife, Chong, started formal training in the first grade and hasn't stopped for 11 years.

"My inspiration is the ability to have fun with it



Maya Uddin placed second in the Air Force Services Agency 2004 Teen and Family Talent Contest.

and not caring if I will make a mistake," she said. "I was a little nervous, but

I wanted to be sure the audience was enjoying my performance as much as I was. I don't want to be so serious that I won't have fun."

Miss Uddin won a trophy and certificate as well as entry into the Air Force competition by placing first in her category in the Services Division's Smith Community Center Family and Teen Talent Show. For her performance piece, she chose a Richard Clyderman modern classi-

cal "Ballad for Adeline."
"I learned it myself,"
she said. "I found it on my

own and started playing

it." She has a gift for playing music by memory.

A student at Warner Robins High School, she said she is thinking about a career in the medical field with a minor in music. Her father, a former flight surgeon for the 78th Medical Group, is a researcher physician at the Centers for Disease Control.

Since she placed in the Air Force's 14-18 age group, she is eligible to attend the Air Force Service Agency's Missoula Performing Arts Camp in western Montana in June.



U.S. Air Force photo by Sue Sapp

Staff Sgt. Juan and Julie Sanchez won the Air Force Services Agency 2004 Teen and Family Talent Contest in the husband and wife division.

"When you are dancing with your lifelong partner, you get a whole different feel about the dance. It's more romantic – you can look into each other's eyes, and you can feel it."

JULIE SANCHEZ

and her husband, Juan, won the 2004 Teen and Family Talent Contest

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>>> C-5 aims for prize recognizing excellence in manufacturing

By Lisa Mathews lisa.mathews@robins.af.mil

The Center's C-5 Programmed Depot Maintenance has been on the Lean journey for four years and is now being entered for the Shingo Prize for Excellence in Manufacturing. This prize, which has been open for private companies since 1988, is now open to the public sector, such as Defense Department agencies. Business Week has

described the prize as "the Nobel prize for manufacturing.'

According to the Shingo Prize Web site, "The philosophy of the Shingo Prize is that world-class status may be achieved through focused improvements in core manufacturing processes, implementing Lean, just-in-time philosophies and systems, eliminating waste and achieving zero defects, while continuously improving products and costs."

with the C-5 Lean program since its beginning in the Aircraft Production Division, has witnessed many of the changes and improvements in completing

The prize is administered

Dede Stone, who has worked

from the College of Business at

Utah State University.

on the huge aircraft. "Lean has allowed the mechanics to tell us what they need, and what will make their

programmed depot maintenance

jobs easier and more productive," Ms. Stone said.

Many other Lean events throughout the Center's organizations have also had an impact on reducing the time required to complete a C-5 PDM.

Randall Evans, with XPT and team lead on the award submission committee, said he is excited about the opportunity to look closely at the process currently in place.

"By working this award

package, which includes 100 pages of in-depth information, we can identify areas where we can improve even more in our processes," he said. "If we are chosen for a site inspection for the Shingo Prize, we will receive constructive input from the inspectors about areas that we need to improve. Just nominating for the prize will be beneficial to us whether we actually receive the prize or not."

The award package will

include information on five enablers to be judged. These include leadership, culture and infrastructure; manufacturing strategies and system integration; non-manufacturing support functions; quality cost and delivery; and customer satisfaction and profitability.

The nomination package will be submitted in early March. If the program is selected for a site inspection, that could take place as early as late May.

>>> AMC VC speaks at luncheon



The Carl Vinson Chapter of the Air Force Association hosted a joint luncheon with the 'Team Robins' Chapter of the Airlift Tanker Association Jan. 25. L.t Gen. John R. Baker. Air Mobility Command vice commander, was the guest speaker. From left are Col. Steve Bernard, acting ATA 'Team Robins' chapter president and 19th Air Refueling Group commander; Chief Master Sgt. Marc Smith, ATA national president; General Baker; Bob Largent, AFA national president; and Lynn Morley, Carl Vinson Chapter of the AFA president.

>>> Group receives check



Lynn Morley, Carl Vinson Memorial Chapter Air Force Association president, presents a \$2,000 check to the POW/MIA Association to assist their efforts in putting a memorial on the Museum of Aviation Grounds. From left are Staff Sgt. Melanie Moore, POW/MIA Association president; Kathy Copija, AFA Vet Day project officer; Lynn Morley; and Susan Augustine, POW/MIA Association former president; and David Cowles, POW/MIA Association Vet Day project officer.

>>> Robins employee receives honor



Hank Personius, 78th MDG/SGPB, left, and Ron Wagner receive the Boy Scouts Silver Beaver award at the Central Georgia Council of Boy Scouts of America awards banquet Feb. 17. Mr. Wagner retired from Robins a few years ago.

>>> Keep on clapping

■ Master Sgt. Reginald F.

Winborne was selected as the Senior Noncommissioned Officer of the Quarter for the Air Force for his accomplishments in support of the Combined Joint Task Force-Horn of Africa mission from October through December. The security forces noncommissioned officer is based out of Robins.

Award winners for the 330th Aircraft Sustainment Wing: Noncommissioned Officer of the Year - Tech. Sgt. Kennita Mathis,

330th Fighter Sustainment Group Senior Noncommissioned Officer of the Year - Senior Master Sgt.

Philip Oliver, 330th Strategic Airlift Sustainment Group Company Grade Officer of the

Year - Capt. Harris Heslip, 330th Strategic Airlift Sustainment Group

GS-07-10 (non-supervisory) -Kenneth Hill, 330th Tactical Airlift Sustainment Group

GS-11-13 (non-supervisory) -Janet Duffey, 330th Fighter Sustainment Group

WG-08/WL-08 (non-supervisory)

- **David Yaughn**, 330th C2ISR

Sustainment Group Civilian Supervisor - Cheryl Ficklin, 330th Tactical Airlift Sustainment Group

■ 2004 19th OSS Professionals of the Year:

Division chief: Maj. Phil

Frazetta Executive support: **Tech. Sgt. Ces**

Stephenson Orderly room: Staff Sgt. Crystal **Lawson-Walls**

Intelligence division: 2nd Lt. Pete

Gruters

Plans and programs: Capt. Todd

Quality assurance: Staff Sgt. Rob Mackey

Ops/comm: Master Sgt. Bruce Ballard, Tech. Sgt. Todd Scheve Instructor: Capt. Eric Rockhold

Pilot: Capt. Alex Wright Navigator: 1st Lt. Jon Leatherwood

Boom operator: Tech. Sgt. Frank Antonsen

■ 2005 Air Logistics Center

annual award winners:

Airman – **Senior Airman Sean D.** Belding, 653rd CLSS

Noncommissioned officer – **Tech.** Sgt. Sgt Sonya L. Stoute, 78th **ABW**

Senior noncommissioned officer – Master Sgt. Sharon L. Ward, WR-

ALC Company grade officer – Capt. Hollis R. Payne III, 653rd CLSS

First Sergeant of the Year – **Master Sgt. Tracy Bivins** Supervisor of the Year – **John O.** Twigg, 78th ABW

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ALS instructor reminds military members to acknowledge staff cars

By Holly L. Birchfield holly.birchfield@robins.af.mil

With staff cars not being as recognizable as they once were, Staff Sgt. Dorian Chapman said military members should pay close attention so they can pay proper respect to the officers inside.

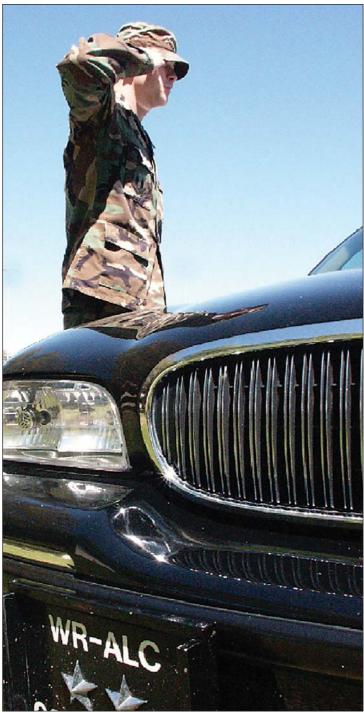
Sergeant Chapman, an Airman Leadership School instructor for nearly four years, said although government-owned vehicles driven by base and group commanders are ever-changing, military pedestrians in uniform are expected to be aware of the vehicles and render the proper salute.

"You generally salute the vehicle as it is oncoming and then drop the salute once it has passed," he said. "It's not that you're saluting the vehicle, you're saluting the officer driving the vehicle, which is the same respect you would give them if you were passing them on the sidewalk or street."

Civilians and Airmen out of uniform are not expected to salute staff cars.

Staff vehicles have plates on the front of the car that reflect the officer's rank, with either the eagle for colonels or a general's star ranking.

"I've been in the Air Force for 12 years – and in that time, staff cars have evolved," he said. "Twelve years ago, a staff car was very visible. It was almost always a dark car with a white top. Today, staff cars can be virtually any color and any design. With that said, I think a heightened awareness is something we all have to keep in mind as we're walking down streets and sidewalks. We need to be aware that staff cars could drive by at any time."



U.S. Air Force file photo by Sue Sapp Military members are reminded to be on the look out for staff cars and to be prepared to salute the officers inside. Civilians and military members out of uniform are not expected to salute.

What to know

For more information on proper saluting procedures for staff cars, consult AF Pamphlet 36-2241.

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